

Sandy Springs Gymnastics Center at Hammond Park

SPRING TERM 2016: April 11 - May 21

With more than 150 different gymnastics classes offered each term, we are sure to have the right class for your girl or boy. We offer classes for various skill levels from 12 months to 18 years old. Our facility has state of the art equipment and we have just opened our brand new preschool gym designed just for children 5 years old and under. All our professional coaches undergo regular training and are USA Gymnastics Safety, CPR, First Aid and AED certified.

Register Online: www.Registration.SandySpringsGA.gov

More Info: (770) 730-5600 or www.SandySpringsGa.gov/Gymnastics

Registration Begins at 10:00am

Registration: **March 7** (for NEW and RETURNING students)

Disclaimer: Classes and instructors offered are subject to change. In addition, classes may be changed or cancelled if the minimum class requirement is not met.

Make up classes are not guaranteed unless the class is cancelled by the City of Sandy Springs.

Annual Registration Fee: \$25.00/ Fulton resident; \$35.00/non-resident

12-18 months - Wobblers

“Wobblers” - This parent assisted class focuses on learning social skills through development of basic motor skills, coordination, balance, strength and stretching. Each class begins with a group warm-up on the floor, then obstacle courses for challenging the tots by crawling, climbing, rolling and jumping. Wobblers will enjoy a soft, fun, interesting and colorful adventure throughout the gym with equipment just their size. (Co-ed), Class Length – 30 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Tuesday	11:00am	PS Gym	Wobblers	45min	\$51 / \$ 60	WOB1.1

18 months - 2 Years Old - Stepping Stones

“Stepping Stones” – This parent assisted class is for walking tots and the adults that love them. Participants learn tumbling, agility, strength and coordination skills in a fun and inviting setting. Focus is placed on the basic motor skills to help your child's overall development. Waiting their turn and good sportsmanship are positively reinforced. Soft, obstacle courses include the use of bars, beam, trampoline, spring boards, and floor. (Co-ed), class length – 45 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kamilah	Monday	10:00am	PS Gym	Stepping Stones	45 min	\$51 / \$60	SS1.1
Kamilah	Friday	5:00pm	PS Gym	Stepping Stones	45min	\$51 / \$60	SS1.2

Ages 2-3 Yrs Old - Tumbling Tots

These parent assisted classes provide exposure to basic gymnastics skills, taking turns, following directions and social interactions. Students will build confidence, coordination, and strength while at play doing gymnastics. You and your child will explore bars, beams, vault and trampoline in obstacles that teach basic gymnastics skills along with developing stronger gross motor skills. This will be a time for you and your tot to start learning simple structure and is also a great transition into our Pre Gym classes. (Co-ed), class length – 45 minutes, *parent participation required

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Emily	Monday	11:00am	PS Gym	Tumbling Tots	45 min	\$51 / \$60	TT1.1
Emily	Monday	3:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.2
Emily	Monday	5:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.3
Kat	Tuesday	10:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.4
Kat	Tuesday	4:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.5
Emily	Wednesday	11:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.6
Emily	Wednesday	5:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.7
Kamilah	Thursday	10:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.8
Kamilah	Friday	10:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.9
Shannon StJohn	Saturday	10:10am	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.10
Kamilah	Saturday	10:10am	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.11
Emily	Saturday	11:00am	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.12
Emily	Saturday	1:00pm	PS Gym	Tumbling Tots	45min	\$51 / \$60	TT1.13

Ages 3 - 4 Years Old - Pre Gym I

“Pre Gym I” - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kamilah	Monday	11:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.1
Kat	Monday	5:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.2
Kamilah	Tuesday	11:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.3
Kamilah	Tuesday	4:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.4
Kat	Wednesday	5:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.5
Kamilah	Friday	11:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.6
Kamilah	Friday	4:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.7
Emily	Saturday	10:10am	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.8
Shannon StJohn	Saturday	11:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.9
Kamilah	Saturday	11:00am	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.10
Kamilah	Saturday	1:00pm	PS Gym	Pre Gym I	45min	\$51 / \$60	PGI1.11

Ages 4 - 5 Years Old Pre Gym II

“Pre Gym II” - These classes are designed to teach participants basic gymnastics skills in a fun filled environment that includes playing games, fun stretches, jumping on the trampoline, and introduction to the Olympic gymnastics Equipment including bars, beam, floor and vault. (Co-ed), class length – 45 minutes, students participate on their own

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Monday	3:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.1
Ina	Monday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.2
Ina	Tuesday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.3
Kat	Tuesday	5:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.4
Katheryn	Wednesday	2:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.5
Emily	Wednesday	3:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.6
Emily	Wednesday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.7
Katheryn	Thursday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.8
Ina	Friday	4:00pm	Gym	Pre Gym II	45min	\$51 / \$60	PGII.9
Emily	Saturday	9:00am	Gym	Pre Gym II	45min	\$51 / \$60	PGII.10
Ina	Saturday	11:30am	Gym	Pre Gym II	45min	\$51 / \$60	PGII.11
Emily	Saturday	12:00pm	Gym	PreGym II	45min	\$51 / \$60	PGII.12

Girls Ages 5 - 7 Years Old

Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only)
Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037

Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Katheryn	Monday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.1
Emily	Monday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.2
Katheryn	Monday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.3
Kat	Tuesday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.4
Katheryn	Tuesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.5
Katheryn	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.6
Kamilah	Tuesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.7
Kat	Wednesday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.8
Ina	Wednesday	3:45pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.9
Kat	Wednesday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.10
Katheryn	Wednesday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.11
Emily	Wednesday	6:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.12
Katheryn	Thursday	3:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.13
Kamilah	Thursday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.14
Kamilah	Thursday	5:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.15
Kat	Friday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.16
Gennadiy	Friday	4:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.17
Kamilah	Friday	6:00pm	PS Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.18
Shannon St John	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.19
Tanner	Saturday	9:00am	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.20
Katheryn	Saturday	11:00am	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.21

Gennadiy	Saturday	11:30am	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.22
Kamilah	Saturday	12:00pm	Gym	Girls Ages 5-7 yrs	55min	\$60 / \$66	GRL51.23
Girls Ages 7 - 9 Years Old							
Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only for an evaluation call (770) 206-2037							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Katheryn	Monday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.1
Gennadiy	Monday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.2
Katheryn	Tuesday	3:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.3
Gennadiy	Tuesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.4
Tanner	Tuesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.5
Katheryn	Wednesday	4:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.6
Katheryn	Wednesday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.7
Alex	Thursday	4:00pm	Gym	Girls Ages 7+ (ADVANCED)	90min	\$60 / \$66	GRL71.8
Katheryn	Thursday	5:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.9
Kamilah	Thursday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.10
Kat	Friday	6:00pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.11
Katheryn	Saturday	09:00am	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.12
Gennadiy	Saturday	12:30pm	Gym	Girls Ages 7-9 yrs	55min	\$60 / \$66	GRL71.13
Tanner	Saturday	12:00pm	Gym	Girls Ages 7+ yrs (ADVANCED)	55min	\$60 / \$66	GRL71.14
Ina	Saturday	12:30pm	Gym	Girls Ages 7+ yrs	55min	\$60 / \$66	GRL71.15
Girls Ages 9+							
Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls Only) Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Kat	Monday	4:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	GRL91.1
Tanner	Tuesday	5:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	GRL91.2
Katheryn	Tuesday	7:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	GRL91.3
Katheryn	Wednesday	3:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	GRL91.4
Katheryn	Saturday	10:00am	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	GRL91.5
Shannon St John	Saturday	12:00pm	Gym	Girls Ages 9-13 yrs	55min	\$60 / \$66	GRL91.6
Boys Ages 5 - 7							
Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tanner	Tuesday	4:00pm	Gym	Boys Ages 5-7 yrs	55min	\$60 / \$66	BOY51.1
Tanner	Thursday	6:00pm	Gym	Boys Ages 5-7 yrs	55min	\$60 / \$66	BOY51.2
Tanner	Saturday	10:00am	Gym	Boys Ages 5-7 yrs	55min	\$60 / \$66	BOY51.3
Boys Ages 8 - 13							
Beginner/Intermediate – These classes exemplify how rewarding gymnastics can be for boys. Students will have fun improving strength, flexibility, coordination with an emphasis on tumbling. Skills learned in gymnastics will enhance performance in other sports. (Boys only)							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Tuesday	3:45pm	Gym	Boys 6+ ADVANCED	55min	\$60 / \$66	BOY81.1
Tanner	Thursday	5:00pm	Gym	Boys Ages 8-13 yrs	55min	\$60 / \$66	BOY81.2
Tanner	Saturday	11:00am	Gym	Boys Ages 8-13 yrs	55min	\$60 / \$66	BOY81.3
Co-Ed Tumbling Ages 8+							
Beginner/Intermediate – These classes are designed to help with tumbling skills: handstands, walkovers, round-offs, back handsprings, back tucks, and combinations. Students will work only on the floor and trampoline. (Co-ed) Advanced – Advanced classes are by invitation only, for an evaluation call (770) 206-2037							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Monday	3:45pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	55min	\$60 / \$66	TUMB1.1

Katheryn	Moday	7:00pm	Gym	Co-ed Tumbling Ages 8-12 yrs	55min	\$60 / \$66	TUMB1.2
Alex	Wednesday	3:45pm	Gym	Co-ed Tumbling Ages 12+ yrs	55min	\$60 / \$66	TUMB1.3
Alex	Thursday	5:30pm	Gym	Co-ed Tumbling Ages 8+ yrs ADVANCED	90 min	\$90 / \$99	TUMB1.4
Kat	Friday	5:00pm	Gym	Co-ed Tumbling Ages 8- 12 yrs	55min	\$60 / \$66	TUMB1.5
Tanner	Saturday	1:00pm	Gym	Co-ed tumbling Ages 8-12 yrs	55min	\$60 / \$66	TUMB1.6
Girls Ages 13+							
Tumbling classes are designed to help with tumbling skills: handstands, walkovers, round-offs, back handsprings, back tucks, and combinations. Students will work only on the floor and trampoline. (Girls Only)							
<p>Beginner/Intermediate – For beginners and students with previous experience (cartwheel, bridge, and handstand). These classes explore the traditional Olympic gymnastics events; bars, beam, vault and floor. Students have fun improving strength, flexibility and coordination. (Girls Only)</p> <p>Advanced – Front and back walkovers, round-offs, pull over on the bars Advanced classes are by invitation only, for an evaluation call (770) 206-2037</p>							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Tanner	Thursday	7:00pm	Gym	Girls Tumbling Ages 13-17 yrs	55min	\$60 / \$66	GRL131.1
Special Needs Co-ed Ages 6-12							
Sparkling Stars Gymnastics – These 45min classes held once a week will use basic gymnastics equipment and other fun activities to develop strength and flexibility, self-confidence and body awareness. Group classes are taught by exceptional coaches that are specifically trained to work with the special needs community. Children with mild disabilities or moderate physical disabilities can attend. Private 1:1 classes are also available.							
Tanner	Thursdays	4:15pm	PS Gym	Sparkeling Stars Ages 6-12 yrs	45min	\$60 / \$66	SPC1.1
Adults							
The adult gymnastics class incorporates balance, flexibility, stretching, and strength. This is the perfect all-around workout that uses every muscle in your body and helps develop gymnastics skills for all levels. This class is fun, rigorous and challenging for the former gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed.							
Instructor	Day	Time	Location	Class	Duration	Fee	Activity #
Alex	Monday	7:45pm	Gym	Adult	55 min	\$60 / \$66	ADL1.1
Tanner	Tuesday	7:00pm	Gym	Adult	90min	\$90 / \$99	ADL1.2